

Liberty-Benton Junior High Invitational

Thursday April 28th, 2016

4:15pm Field Events

4:45pm Running Events

1. All entries must be submitted on Baum's Page. Please submit times that are an accurate time for your athletes. Heat assignments are based on entry time and we want the assignments to be as accurate as possible. Entries are due on Baumspage by **6pm on Wednesday 4/27.**
2. Upon arrival, coaches should report to the ticket booth to pick up packets containing heat assignments. **Replacements must be made on Baum's page by 10:00am on 4/28/16. Scratches can be made at any time but replacements in individual events can only be made by 10:00am on 4/28/16.**
3. Each contestant is responsible for reporting on time for their events. When first call is made for the event, competitors should report to the clerk in the bullpen. (Southwest corner of the track)
4. Ohio High School Athletic Association Track and Field rules will govern this meet. Maximum of 3 events per athlete.
5. Teams: Arcadia, Arlington, Bluffton, Donnell, Leipsic, Liberty-Benton, McComb, Mohawk, Pandora-Gilboa, Riverdale, St. Michael's, Van Buren, Vanlue.
6. Starting blocks will not be furnished and we ask that athletes wear 1/8" spikes. **No chalk is permitted to be used as marks** on any all-weather surface. All coaches are reminded to bring batons for relays.
7. Team camps must be located outside the track. We have plenty of room inside our athletic complex. Please stay off the football field except to go to relay exchange areas. Athletes will not be able to hang out in the infield during an event that they are not running.
8. Scoring: 10-8-6-5-4-3-2-1 Results will be posted during the meet near the concession stand and will be available on Baum's page after the meet. No results will be printed the night of the meet to give you.
9. Medals will be awarded for the first 3 places in each event and ribbons for places 4th-8th. 1st and 2nd place teams will receive trophies.
10. Starting heights for High Jump and Pole Vault will be decided after checking the entries.
11. The admission charge will be \$5.00 for adults and \$3.00 for students.
12. Food and souvenir t-shirts will be sold in the concession stand throughout the meet. Restroom facilities will be available.
13. Field Events
 - Long Jump, Shot Put, & Discus: Each competitor will receive 3 these will be the finals.
 - High Jump & Pole Vault will be 5-alive with a floating bar if necessary
14. Running Events
 - In the interest of time, there will be no prelims in the running events. Each sprint event (100m, 100m Hurdles, 200, 200m Hurdles, 400m, 4x100m Relay, 4x200m Relay, 4x400m Relay) will be contested in heats based on times with the fastest heat being last. When making your entries, please indicate times for all competitors. The 800m, 1600m, and 4x800m Relay will be one heat. Lane assignments will be determined by time entered.

Liberty-Benton JH Invitational

ORDER OF EVENTS

4:15pm

Shot Put: Girls first with Boys to follow – 3 attempts

Discus: Boys first with Girls to follow – 3 attempts

Long Jump: Boys first with Girls to follow – 3 attempts

High Jump: Girls first with Boys to follow – 5 alive

Pole Vault: Boys first with Girls to follow

4:45pm

Girls 4x800m Relay

Boys 4x800m Relay

Girls 100m Hurdles

Boys 100m Hurdles

Girls 100m Dash

Boys 100m Dash

Girls 1600m Run

Boys 1600m Run

Girls 4x100m Relay

Boys 4x100m Relay

Girls 400m Dash

Boys 400m Dash

Girls 4x200m Relay

Boys 4x200m Relay

Girls 200m Hurdles

Boys 200m Hurdles

Girls 800m Run

Boys 800m Run

Girls 200m Dash

Boys 200m Dash

Girls 4x400m Relay

Boys 4x400m Relay